

ASSETS CHECKLIST ABORIGINAL TEENS: 12 TO 18 YEARS OLD

- 1. I receive lots of love and support from family members.
- 2. I can go to my parents/caregivers and communicate positively, and I am willing to go to my family for advice.
- 3. I receive support from many adults.
- 4. I experience respect and care from other families, neighbors, and members of the Aboriginal and non-Aboriginal community.
- 5. My school provides a caring and encouraging environment and supports culturally appropriate ways of learning.
- 6. My school encourages parents and community members to share my Aboriginal culture and to participate in the school community.
- 7. My parent(s) or other adults are actively involved in helping me succeed in school.
- 8. I believe that education has a purpose in everyday life.
- 9. I believe that adults in the community value youth.
- 10. I am given useful roles in my community.
- 11. I serve in the community one hour or more each week.
- 12. I feel safe at home, at school, and in the neighborhood.
- 13. My family has clear rules and consequences and monitors my friends and my activities.
- 14. My school has clear rules and consequences for behavior.
- 15. Parents and other adults model positive, responsible behavior.
- 16. My best friends model responsible behavior.
- 17. My parent(s), teachers, and community members encourage me to believe in my gifts, talents and myself.
- 18. I express my creativity as part of my life as an Aboriginal youth.
- 19. I spend part of my time positively involved with other young people and caring adults.
- 20. I integrate spiritual and religious traditions into my life.
- 21. I spend much of my leisure time in family or community activities and maintain balance in the time I spend with family and friends.
- 22. I use internalized family values and beliefs to choose my activities.
- 23. I am motivated to do well in school.
- 24. I am actively involved in learning as a process of personal growth.
- 25. I complete homework assignments and actively participate in learning.
- 26. I care about my school.
- 27. I read for pleasure three or more hours each week.
- 28. I place a high value on helping other people.
- 29. I place a high value on promoting equality and creating a fair and just world.
- 30. I act on my convictions and stand up for my beliefs in various ways that are meaningful to me, but not against the law or cultural standards.
- 31. I tell the truth even when it is not easy.
- 32. I accept and take personal responsibility.
- 33. I demonstrate respect for others and myself.
- 34a. I demonstrate respect for others and myself by not being sexually active.
- 34b. I demonstrate respect for others and myself by not using alcohol and other drugs.
- 34c. I demonstrate maturity, responsibility, and respect for others and myself in my behavior.
- 35. I know how to plan ahead and making choices.
- 36a. I have empathy, sensitivity, and friendship skills.
- 36b. I do not compromise my self-concept in my selection of friends.
- 37. I have knowledge of and comfort with different cultural/racial/ethnic backgrounds and recognize both similarities as well as differences.
- 38. I can resist negative peer pressure and dangerous situations.
- 39. I try to resolve conflict nonviolently.
- 40. I feel I have control over many things that happened to me.
- 41. I model confidence and pride in being an Aboriginal youth and feel positive about who I am.
- 42. I believe my life has a purpose.
- 43. I am optimistic about my personal future.